

JULY 13 LACDMH RADIO SHOW FEATURES ERIC LIM & THE FORGE



This Saturday, July 13, 2013 at 8:00-9:00 P.M., tune in for the weekly “Free Your Mind Projects Radio Show” which has moved to KABC-AM (AM 790). The Los Angeles County Department of Mental Health (LACDMH) is a proud sponsor of this unique radio show.

Whether you’re in your car or at home, tune in and listen to the hour-long program designed to promote awareness on mental health issues. This week, LACDMH Public Affairs Director Kathleen Piché will be co-hosting with filmmaker Eric Lim who created a video memorial to honor his sister who committed suicide.

On the show, Eric Lim shares his project called *The Forge*. *The Forge* is described as an endeavor built for anybody who is hurting and can be seen on the website (<http://www.foranybodyhurting.com/>). The message is to turn destruction into creation. When Eric Lim’s sister Tanya took her life, it hurt everyone she knew. So, her family and friends used money inherited from her personal savings to create a message that both honors her and serves as a piece they wished Tanya saw when she was in a dark place. During the show, Eric Lim discusses how *The Forge* came about, and how he hopes it will prevent another tragedy from happening in someone else’s family.

If you miss the show, you can always listen to it archived on the Free Your Mind Projects website: <http://www.freeyourmindprojects.com/category/radio/>.